

THE STUDY ON DEPRESSION, ANXIETY AND STRESS AMONG MARRIED WOMEN.

¹ Monisha. M., ² Sannet Thomas

¹ 3rd B. Sc Psychology Student, Yuvakshetra Institute of Management Studies, Mundur, Palakkad, Kerala, India

² Assistant Professor, Department of Psychology, Yuvakshetra Institute of Management Studies, Mundur, Palakkad, Kerala, India

Email - monishamadhu0622@gmail.com

Abstract: Depression is a mood disorder in which individuals experience extreme unhappiness, lack of energy, and several related symptoms (Baron, 1995). Anxiety involves a general feelings of apprehension about possible future danger (Butcher et al, 2019). Stress is our responses to events that disrupt, our physical and psychological functioning (Lazarus & Folkman, 1984; Taylor, 1991). The aim of the study was to analyse the influence of age on depression, anxiety and stress among married women. This study was conducted on 120 married women, by using purposive sampling technique. Depression, Anxiety and Stress scale (Levibond & Levibond, 1995) were used to collect data. Data were analysed using Kruskal-Wallis Test. Result proves that, there is a significant difference in depression among married women across age categories. There is no significant difference in anxiety among married women across age categories. There is no significant difference in stress among married women across age categories.

Key Words: Depression, Anxiety, Stress.

1. INTRODUCTION:

Depression is classified as a mood disorder. It may be described as feelings of sadness, loss or anger that interfere with a person's everyday activity. Depression is a mood disorder in which individual experience extreme, unhappiness, lack of energy and several related symptom (Baron, 1995). Anxiety involves a general feeling of apprehension about possible future danger (Butcher et al, 2019). Anxiety is an emotion characteristics by feeling of tension, worried thought and physical changes like increased blood pressure. Stress is our body's response to the daily events that occur in our life. According to Lazarus & Folkman, Stress is our responses to events that disrupt, our physical and psychological functioning (Lazarus & Folkman, 1984). There are many causes of stress. Men and women share many of the same sources of stress such as job security, health, relationship issues. Stress is very natural, but it gets awful, especially for those whose does not take steps to control it. Studies show that married women reported more psychological distress, more medical problems and lower morale than men. Anxiety and depression disorders are among the most common psychiatric disorders in the community. Therefore in the present study an attempt has been made to study the depression, anxiety and stress among married women based on their age categories.

1.2 Relevance of the study

This study on Depression, Anxiety and Stress among married women is relevant. Because it tries to comprehend the relationship between Depression, Anxiety and Stress among married women based on their age. The study was conducted to understand the influence of age on Depression, Anxiety and Stress among married women. Different age level shows different level of coping with Depression, Anxiety and Stress among women, this study was helpful in understanding those things.

1.2 Definition of key terms

Depression - mood disorder in which individual experience extreme unhappiness, lack of energy and several related symptom (Baron, 1995).

Anxiety – general feeling of apprehension about possible future change (Butcher et al, 2019)

Stress – the non- specific response to events that disrupt, our physical and psychological functioning (Lazarus & Folkman, 1984).

2. REVIEW OF LITERATURE:

Study conducted by serena sheala and hemlatha proved that the academic performance significantly predict depression, Anxiety and Stress among women, while depression predicted by resilience (serena sheala, hemlatha, 2015). Also, researchers showed that the empirical investigation to explore the anxiety and coping strategies of married women according to their family type and employment status (Abdur Rahman, Biploh Kumar Dey, Aklima Sultana, Arunavo Bairaji, 2017). In a study conducted by Neenu Bohra, Shruti Srivastava and M.S. Bhatia, Depression is widely prevalent in women in all age groups. The authors have provided a brief overview of different types of depression in females.

3. METHODS:

Problem

Is there any significant difference in the level of depression, anxiety and stress among married women based on their age category?

Aim

To understand the significant difference in the level of depression, anxiety and stress among married women across their age category.

Objectives

1. To study the Depression, Anxiety and Stress among married women based on age category.

Variables

1. Independent Variable: Age
2. Dependent Variable: Depression, Anxiety and Stress

Hypothesis

As based on the above objectives, three hypothesis are formulated and to be tested on a sample of 120 people.

1. There will be no significant difference in the level of depression among married women across age category.
2. There will be no significant difference in the level of anxiety among married women across age category.
3. There will be no significant difference in the level of stress among married women across age category.

Research design

The study was the quantitative type and used a between group research design to determine. If there is a significant difference in the level of depression, anxiety and stress among married women across age category.

Research sample

Purposive sampling method was used for this study. The study sample was consisted of 120 married women. The sample belonged to the different religious, family type, area of residence etc.

Sampling Criteria

Inclusion criteria:

1. Willing participants through online.
2. Only consider married women for this study.
3. Age limit is 18-30.

Exclusion criteria:

1. Those who are not willing.
2. Those who have below the age of 18 and above the age of 30.

Tools

The following tools were administered individually for collecting the required data.

1. Depression, Anxiety and Stress Scale (DASS) (Lovibond SH & Lovibond PF, 1995)

Procedure

Purpose of the study was explained to the participant through online and their willingness to participate in the study was ascertained. The Depression, Anxiety and Stress Scale (DASS) (Lovibond SH & Lovibond PF, 1995) were given to the sample through online with proper instructions one after the other. Responses were collected from the participants. The scoring for both the assessment was done and interpreted according to the manual.

Analysis of the data

The collected data were analysed using following statistical tests. The statistical analysis was carried out using the Statistical package for social science (SPSS) version 20 was used for analysis.

Kruskal – Wallis Test

Ethical Issues

1. Confidentiality of the collected information was maintained throughout the study.
2. Data collection has been used only for research purpose.
3. Informed Online consent was taken from the samples before collecting the data

4. RESULTS

Data analysis and it’s interpretation

The main purpose of the study was to investigating the influence of Depression, Anxiety and Stress among married women based on their age. For this purpose investigator formulated three hypotheses. Results are shown in below given below.

Table -1

Shows the ranks using Kruskal – Wallis Test

	Age	N	Mean	Sig. difference
Depression	18- 23	24	44.15	.036
	24- 26	45	64.28	
	27- 30	51	64.86	
	TOTAL	120		
Anxiety	18- 23	24	47.42	.118
	24- 26	45	64.28	
	27- 30	51	64.25	
	TOTAL	120		
Stress	18- 23	24	45.10	.052
	24- 26	45	64.31	
	27- 30	51	64.38	
	TOTAL	120		

Table 1 shows that significant difference of depression, anxiety and stress among married women based on their age category. Here the data were analysed by kruskal- wallis test. The result shows that the significant value of depression is .036 which is significant at the level of 0.05 level of significance, so there is a significant difference in the level of depression among married women across the age categories. The first null hypothesis is rejected, because there is a significant difference. The result shows that the age category 18-23 shows the mean value of 44.15 in depression, the age category 24-26 shows the mean value of 64.28 and the age category 27-30 shows the mean value of 64.86. Table shows that 18-23 category have low level of depression comparing the other age categories, the study also shows that the age categories 24-26 and 27-30 have almost same level of depression.

The significant value of anxiety is .118 which is not significant at the level of 0.05 level of significance, so there is no significant difference in the level of anxiety among married women across their age categories, the null hypothesis is accepted, because there is no significant difference. The result shows that the age category 18-23 shows the mean value of 47.42 in anxiety, the age categories 24-26 shows the mean value of 64.28 and the age category 27-30 shows the mean value of 64.25. Table shows that 18-23 category have low level of anxiety comparing the other age categories, the study also shows that the age categories 24-26 and 27-30 have almost same level of anxiety.

The significant value of stress is .052 which is not significant at the level of 0.05 level of significance, so there is no significant difference in the level of stress among married women across their age categories. The null hypothesis is rejected because there is no significant difference. The result shows that the age category 18-23 shows the mean value of 45.10 in stress, the age category 24-26 shows the mean value of 64.31 and the age category 27-30 shows the mean value of 64.38. The table shows 18-23 age category have low level of stress ‘comparing the age categories, the study also shows that the age categories 24-26 and 27- 30 have high level of age category.

Table 1 also shows in married women the depression, anxiety and stress is high on the age groups 24-26 and 27-30 .in the age group 18-23, depression, anxiety and stress is low when comparing to the above age groups. In depression the null hypothesis is rejected, but in anxiety and stress null hypothesis is accepted.

Table 2
Paired comparison of depression among married women age category.

Age categories	Test statistics	Std. Error	Sig.
18 - 23 & 24 - 26	-20.132	8.778	.065
18 - 23 & 27 - 30	-20.717	8.597	.048
24 - 26 & 27 - 30	-.585	7.103	1.000

Figure 1
Graphical representation of depression among married women based on their age group.

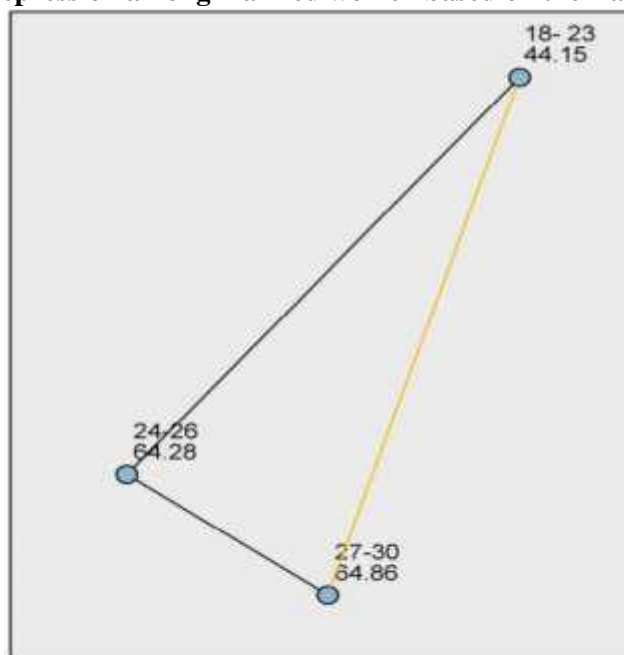


Table 2 and figure 1 shows the paired comparison of depression among married women based on their age category. The Paired comparison between 18-23 and 24-26 categories shows the significant value of .065. Which is not significant at the level of 0.05 level of significance .so there is no significant difference in the level of depression among married women across the age categories 18-23 and 24-26. Paired comparison between 18-23 and 27-30 age categories shows significant value of .048. Which is significant at the level of 0.05 level of significance. So there is a significant difference in the level of significance. So there is a significant difference in the married women across the age group between 18-23 and 27-30. Paired comparison between 24-26 and 27-30 shows 1.000. Which is not significant at the level of 0.05 level of significance. So there is no significant difference among married women in the age group of 24-26 and 27-30.

5. Major findings:

- There is a significant difference in the level of depression among married women across age
- There is no significant difference in anxiety among married women across age.
- There is no significant difference in stress among married women across age.
- 18-23 age category have low level of depression comparing the other age categories.
- The age categories 24-26 and 27-30 have almost same level of depression.
- 18-23 age category have low level of anxiety comparing the other age categories.
- The age categories 24-26 and 27-30 have almost same level of anxiety.
- 18-23 age category have low level of stress comparing the other age categories.
- The age categories 24-26 and 27-30 have almost same level of stress.
- There is no significant difference in the level of depression among married women across the age categories 18-23 and 24-26.
- There is a significant difference in the level of depression among married women across the age categories 18-23 and 27-30.

- There is no significant difference in the level of depression among married women across the age categories 24-26 and 27-30.

6. Limitations:

Sample size was small.

- Since the study was conducted by online survey, the seriousness with which participants answered the questions cannot be verified.
- Sample collection was restricted only in a small area.

7. Implications:

- As the result of the study indicates that there is an influence of age categories in the level Depression, Anxiety and Stress among women. so we can use some intervention programmes.
- Study was very useful for the welfare of all the married women who have depression, anxiety and stress.
- Also recommend many intervention for overcoming the depression, anxiety and stress.

8. Scope for the further study :

- Qualitative research methods can be done for improving the quality of the study
- Further study can be done among large population.

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